

IMEC (Marie Cobel) with "Friends"
November 13, 1985

Session 165: The self

Original Question: Please comment on the state of separation.

Summary: The Friend discuss the definition of the aspective nature of the physical individual and the separateness of the self. This is the core concept to the message of the Friends. The spiritual self is the observer who is lured and engaged in the physical world by the aspects. Towards the end a middle ground is suggested as the method to transcend. That the answer is to release all aspective attachments to both the Earth and heaven. That there is a middle neutral place in which to move through unaffected by the aspects.

NOTE: The content of this report was created from listening, translating, and analysis by the reporter. It may or may not be present in the transcript.

Contents:

Separation is what you think of as being yourself. Separate from the whole. It is the unwillingness of the individual to give up their separateness, to become part of the whole, which contains all knowledge. Because of the belief that if one loses their individuality, one will not be able to exist. Your current reality is composed of all of the ideas and beliefs that you have accepted. You think that you are the roles you play, father, brother, husband, and there is a creator or ultimate source that allows you to be all these things. Naturally, you seek to hold on to a connection. You seek to have an identity with your parents, your children, with mankind and the world. That is what you think you are. When you witness other leaving the physical body or transcending, in order to maintain the individualism, the aspects project outward. The spirit world, or places to go where you will join with your departed loved ones. In this way you will be able to substantiate your reality in another plane of existence. When you project you will need your confirmation from outside? This is done physically in such an automatic and natural way, as one comes into the Earth plane. One is automatically given parents, a body, relationships, school and friends. All this comes together to confirm that this is a person's uniqueness and personality. This personality is a composite and a reflection of the past. It is a mixture of preceding creations and an agreement of coming into the physical world through physical parents. The responsibilities, love, and devotion that one should give to these people for aiding them when they were young and defenseless. This same expectation, then is projected upon your children, that they should be appreciative because they were assisted in being brought into the world.

The use of the aspect portion of personality, then is so identified with the individual that you believe you are not yourself when you have no personality. This is not true the personality is an aspect you can leave it behind and not cease to exist.

There are examples of those who have left the physical body and entered into another state of energy that they will describe as a place. There are other energy forms such as

thought forms, energy matter in a less dense condition. There are also all of the manifestations of the aspective qualities that have been developed in the consciousness to partake in when the consciousness leaves the physical body. This place is the unwillingness to detach completely from the identifications and the uniqueness of the individual. (this could be focus 27) One cannot comprehend how being a part of the whole and continue being an individual consciousness. It is almost impossible for an individual to view themselves without a connection to the physical environment.

The terms of non-attachment and acceptance, one has to give up the mother aspect and the father aspect. When you give up these aspects you will no longer have children. When you have children, you are automatically put into the role of father or mother or child. When you engage in the roles these are the games of the aspective qualities on the Earth plane. This is alright and proper to do these things as these are the roles one takes on. But as you become aware of these roles and try to let go others will tell you the expectation of what that role is. When you sever this role, you are no longer playing the game. Those still playing the game will no longer want you on their team.

When one becomes emotionally unattached, as the observer, it is still possible to show love and understanding. With this in mind when one does these acts of disassociation from emotional bondage and attachment that one is projecting on others and that one expects from others. Then, if those who are still playing the game begin think it is important to project on to the individual, that they are not playing the game, then there will be a conflict. Because if one chooses not to play the game, just being in the physical environment one has been subject to those who wish to play the game. At some point you will realize the separation from your beliefs and emotional attachments. If you seek this understanding of the truth you will become the observer. You will gain knowledge from the void without the use of an internal dialogue and visions. You will transcend the limitations of the physical aspects and join with the eternal all.

You can experience the truth when you are in the void space and have quietened all the aspective influences. Once you separate all of the aspective qualities, there is the ability for you to see any manifestation outside of yourself and identify with it so the experience is to allow that to be its experience, and maintain your individuality. This happens when you are in a state of acceptance and non-changing. You will begin to experience before you interpret. It is the paradox of separating yourself from the physical reality that you will find the unity of knowingness. When you no longer carry the respective qualities, that through their nature, they must project themselves, father, mother, searcher, healer, teacher, and the other roles. It is your identification with these aspects that prevent you from witnessing the true vibrational patterns. Your aspects present the physical world to you, but when you can bypass their influence, you can see the world in another way. Initially you may struggle with the aspects but given time and understanding these will come into harmony and assist you in your life. Because their real function is to help you. What needs to change is you have to gain their trust and respect that you can lead them appropriately.

It is difficult for the mind to grasp that two people can look at the same event and see something very differently. But this has been proven scientifically. Is it possible for you to perceive that your physical body is surrounded by energy? That the energy is of a nature that each individual as they encounter the energy is being interpreted by their

aspects and then handed off to the consciousness to be experienced. The consciousness is the expression of what experience is being filtered through the aspective product of the environment. Rather, it may be that the consciousness can be outside of the physical body's aspective filters. When you are in the void you are outside of the aspective influence. When your mind is quiet the aspects are not present. This is just a mental concept of perceptions and interpretations. Your current perception is that you are in a physical body, and you are experiencing things outside of yourself. You would say this is my reality. Indeed, it is so because you believe the increased force is outside of yourself. Because in this vibrational rate of your understanding, you think you are in a body and outside are the emanations, creations, and potential creations of the uncreated force. You stabilize that through validation and what you believe is your experience in time and space.

When you do this, you make it real to yourself, then when others agree with you and it is real to them.

This idea is then propagated, and it becomes real as a consensus reality.

You are aware of your physical body, the physical room, the environment, and the physical world, then suddenly transcend the interpretations of the aspects and perceive a totally different state. To suddenly not be associated with the aspective the created world is very difficult. To step into the void is to step into another reality. Then when you return you are in the same spot and you only appear to have been sleeping or meditating. Was it real or was it an illusion? The void is the beginning of the experience of other realities. When you are able to prolong your experience in the void space, and gain knowledge of it. You then may begin to share this experience and others will confirm or relate their experiences. Then the aspective the experience will begin to become real. If it is a shared experience, then it is a reality. The void becomes a state just like the Earth has become a state. Both you and others will attempt to relate Earth experiences to the void state and in so doing create such a state of being a state of purification with attributes of knowing and so on. The void will still have enough mystery and strangeness to accomplish the function of a freedom of the Earth plane. When this happens, it means your consciousness is still attached to the material plane.

You have to be able to not attach attributes to the void to have a direct connection to the uncreated force. Here is the distinction. We are currently surrounded by the aspects, as we reach out to the idea of freedom from aspective influence we can touch the uncreated force. This creates the connection but as soon as one tries to hold that connection by labeling it and describing it, then it becomes aspective. It is aspective because you have used the aspects to experience it. As soon as the aspect is aware it is created, it becomes an idea. It is the willingness to give up your physical, emotional and mental identity, holding on to that uncreated force, recognizing the uncreated force and identifying the uncreated force and knowing that there is a way to be that is separate from aspective ideas. The separateness is the feeling you have when you are separate from the uncreated force.

You will find wholeness when you are in the uncreated force within the void. It is the aspects which will tell you that you will lose yourself in the void that you will die. It is the aspects that believe you will die not the spiritual part of your true self. The aspects

believe they will die without the energy from the observer, but they will survive and find their own source of energy through the unification caused by your separating yourself from them. As soon as you try to do this the aspect will rise up and say how can you leave those that you love behind?

When peace on Earth is discussed, the proposal is that if the uniqueness of the individual and the region is unified with the greater whole through the control of ideas or elimination of history and that peace will ensue. These attempts fail because the Earthly aspects are being addressed and not the position of true unification from the spiritual perspective. Aspective thinking by its very nature carries with it the opposite.

When you enter the void, all of the Earth ceases to exist. You then recreate it based on your aspective experiences. If you consider I have a blank slate to work with what will I do. Well, first in this new world no bad people will exist. So you create a world with only good people, well then your world is incomplete because where there is good you have to have bad so there is a comparison. In order for some to be in, some have to be out.

Then the aspects will say how can you create your own universe when your brother is needy and sad. Shame on you. How selfish to create a perfect place for yourself when there is misery in your world. You should fix it first before moving on. How can you go to a place called heaven when a hell exists? These are all parts of the thinking process. As long as you hold on to any idea of there being a problem on the Earth, then you are enticed to spend time on Earth. Your reality will not be associated with any concepts of the spirit world or the material world. You must find that middle neutrality where both can exist, but neither is impacting you. The aspect will say if you do this you will not exist. You will not know until you step into the middle and find out.

The subject of separateness is complex and cannot be answered in one short sentence. There is additional dialogue, but it is about explaining inconsistencies and filters.

Report by Daniel Erickson